



Virtual Naval Hospital™

Virtual Naval Hospital Tour (one example of an Operational Command Health Promotion Program in action**)

** This is a word document copied from the Virtual Naval Hospital website. None of these hyperlinks will work in this mode. Go to this same page, "Virtual Naval Hospital Tour," at www.vnh.org and all hyperlinks will connect.

This tour is intended to illustrate how the Virtual Naval Hospital can be utilized operationally onboard ship during a deployment. The events outlined in this tour actually occurred during 1997. Before beginning the tour, view the [Site Map](#) of the Virtual Naval Hospital to see a list of all the manuals in the Virtual Naval Hospital. Also, take a quick look at the [Providers](#) and [Patients](#) pages to familiarize yourself with the Virtual Naval Hospital's problem-based interface.

Introduction

The time is the spring. You are a General Medical Officer or an Independent Duty Corpsman on the USS Kearsarge, LHD-3. The USS Kearsarge has a crew of 1,100 officers and enlisted men. The 1,300 Marines of the 22nd Marine Expeditionary Unit (MEU) are also embarked.

On April 15th you leave Norfolk for a 6 month deployment. You are expecting to spend a little time off of Zaire which is in the middle of a civil war, standing by to evacuate American nationals if needed, before reaching your ultimate destination in the Mediterranean Sea and the Adriatic Sea.

Health Promotion

Your first priority is to promote wellness to the deckplates by keeping your warfighters healthy. To this end, you have initiated a program of multimedia consumer health information education for your sailors and marines. From Web browsers located around the ship in recreation halls, mess spaces, and other communal areas and from printouts you have prescribed a regular course of mandatory wellness training using the Virtual Naval Hospital.

You began with disease screening. Being that you are now in the middle of the Atlantic Ocean near the equator, you are having the sailors and Marines learn about skin protection and preventing skin cancer.

[Virtual Naval Hospital - Navy Health Book: Sun Safety](#)

[American Academy of Dermatology - The Sun and Your Skin](#)

You spend time reviewing the screening procedures for skin cancer, and the appearance of various dermatology lesions.

[Virtual Naval Hospital - Clinician's Handbook of Preventive Services: Adults/Older Adults: Screening: Chapter 29: Cancer Detection by Physical Examination: Skin Examination](#)

[Virtual Naval Hospital - Guide to Clinical Preventive Services - Screening for Skin Cancer -- Including Counseling to Prevent Skin Cancer](#)

[Virtual Hospital - An Introduction to Basic Dermatology](#)

[NLM - PubMed](#)

[RxList - Home Page](#)

Administration

A certain percent of your daily work is consumed in administrative matters, such as conducting physical exams. A flag officer is scheduled for a routine physical, and you review the procedure to ensure that you perform it by-the-book.

[Virtual Naval Hospital - The Manual of the Medical Department](#)

[Virtual Naval Hospital - The Flight Surgeon Manual: Physiology of Flight](#)

[Virtual Naval Hospital - Aeromedical Reference and Waiver Guide, U.S. Navy](#)

More Health Promotion

Your day to day work often consists of treating common medical ailments in a young population, such as musculigamentous injuries and back injuries. These are a major cause of lost duty days, and you hope to prevent such injuries when possible through wellness training.

[Virtual Naval Hospital - Navy Health Book: Back Pain](#)

[AAOS - Exercises to minimize problems with back pain](#)

[AAOS - Lift It Safe](#)

Medical Reference

When faced with treating such back injuries, you want to treat them according to the latest clinical guidelines.

[Virtual Naval Hospital - General Medical Officer Manual: Low Back Pain](#)

By May 5th you are in the Gulf of Guinea, off Zaire, participating in Operation Guardian Retrieval.

There are, of course, incidents that occur to sailors that require surgery. The flight deck is the most dangerous place on a helicopter carrier. A cable securing a helicopter breaks on deck and injures a sailor. As you are repairing his arm wounds, you notice that he seems to have an anomalous muscle in his arm. You consult an anatomy atlas for assistance.

[Virtual Hospital - Illustrated Encyclopedia of Human Anatomic Variation](#)

[Virtual Naval Hospital - Flight Surgeon Handbook: Burns](#)

[Virtual Naval Hospital - Emergency War Surgery Handbook: Hand Injuries](#)

Meanwhile there is an outbreak of pests in the ship's mess. You need to perform some entomological differential diagnosis.

[Virtual Naval Hospital - U.S. Navy Shipboard Pest Control Manual](#)

A sailor develops right lower quadrant pain. You refer to 3 textbooks that inform you how to diagnose acute appendicitis.

[Virtual Naval Hospital - General Medical Officer Manual: Appendicitis-Acute](#)

[Virtual Hospital - University of Iowa Family Practice Handbook: Chapter 9: General Surgery: Appendicitis](#)

[Virtual Naval Hospital - Operational Obstetrics and Gynecology - Abdominal Pain](#)

Medical Intelligence and Medical Planning

On May 28th you are diverted to Sierra Leone, to standby to evacuate U.S. citizens whose lives are endangered by a coup against the government. You are now part of Operation Noble Obelisk and wish to learn about Sierra Leone and the health risks it poses to your sailors and marines.

[Virtual Naval Hospital - Medical Intelligence and Medical Planning](#)

[Virtual Naval Hospital - Fleet Medicine Pocket Reference](#)

[CIA - CIA World Factbook](#)

[Virtual Naval Hospital - General Medical Officer Manual: Introduction to Geographic Medicine](#)

[CDC - Travel Information Page](#)

[Virtual Naval Hospital - CDC Health Information for International Travel \(Yellow Book\)](#)

[Virtual Naval Hospital - Guide to Malaria Prevention and Control NEHC-TM92-1](#)

[Virtual Naval Hospital - Combat Stress Control: FM 22-51, FM 8-51, FM 8-55, GTA 21-3-4, GTA 21-3-5, GTA 21-3-6](#)

Operations Other Than War

Between May 30th and June 4th your ship evacuates 2,500 foreign nationals from Sierra Leone, including wounded and non-traditional at-sea patients such as children and pregnant women. Virtual Naval Hospital provides you with information on medical problems you are not accustomed to seeing.

[Famine-Affected, Refugee, and Displaced Populations: Recommendations for Public Health Issues](#)

[FM 100-23-1: HA Multiservice Procedures for Humanitarian Assistance Operations](#)

[Handbook for the Soldier in Operations Other Than War](#)

[Fleet Medicine Pocket Reference](#)

[Virtual Naval Hospital - Operational OB-GYN : Abdominal Pain](#)

[Virtual Hospital - University of Iowa Family Practice Handbook: Chapter 7: Gynecology: Ectopic Pregnancy](#)

[Virtual Naval Hospital - Surgical Emergencies in Obstetrics and Gynecology: Ectopic Pregnancy](#)

[Pediatric Emergency Manual](#)

[Virtual Hospital - ElectricAirway: Upper Airway Problems in Children: Croup Syndromes](#)

These foreign nationals ultimately were transferred to Conakry, Guinea

Even More Health Promotion

The crisis in Sierra Leone over, and you are told that your battlegroup will be having a liberty in Naples, Italy, in mid-June. You add to the sailor's mandatory wellness training information on sexually transmitted diseases as well as alcohol abuse.

[Virtual Naval Hospital - Navy Health Book - AIDS](#)

[Virtual Naval Hospital - First Aid Manual: STDs](#)

[NIAAA - Alcohol](#)

More Medical Reference

You review the latest guidelines on the treatment of sexually transmitted diseases.

[Virtual Naval Hospital - General Medical Officer Manual: Sexually Transmitted Diseases](#)

[Virtual Naval Hospital - CDC Guidelines for Treatment of STDs 1998](#)

More Medical Intelligence and Medical Planning

After liberty you are ordered finally to the Adriatic in late June. You decide to review some preventive medicine information regarding your new area of operations.

[Virtual Naval Hospital - Field Hygiene and Sanitation - FM 21-10](#)

[Virtual Naval Hospital - Nutritional Guidance For Military Field Operations in Temperate and Extreme Environments](#)

[Virtual Naval Hospital - Manual of Naval Preventive Medicine](#)

[Virtual Naval Hospital - Medical Management of Biological Casualties](#)

[Virtual Naval Hospital - Medical Products for Supporting Military Readiness \(Go Book\)](#)

Psychiatric problems often occur at sea. A young sailor who is having suicidal thoughts is brought to you for evaluation. You review the latest guidelines in handling such a case.

[Virtual Naval Hospital - Emergency Psychiatry Service Handbook - Suicide](#)

Continuing Education

As the cruise nears its end in September, you finally have some time to yourself to pursue continuing education courses to further your own training.

[Virtual Hospital - The Clinical Laboratory Improvement Act \(CLIA\) and the Physician's Office Laboratory](#)

[Virtual Naval Hospital - Standard First Aid Course NAVEDTRA 13119](#)

[NSHS Portsmouth - Correspondence Courses](#)

[Next Page](#) | [Previous Page](#) | [Section Top](#) | [Title Page](#)

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Modified: Fri Feb 22 13:23:18 2002

Displayed: Wed Mar 27 01:14:14 2002